

# KEEP YOUR BABY SMOKE FREE



**Not smoking is one of the best things you can do for your baby and for yourself.**

## **You will...**

- Breathe more easily.
- Have more energy.
- Have a better sense of smell.
- Have nicer smelling breath, hair and clothes.
- Be less likely to have wrinkles and stained teeth.
- Have more money to spend on your baby and yourself.
- Be proud of yourself.

## **Your Baby will...**

- Get breast milk without nicotine.
- Grow better.
- Get fewer colds, coughs, and earaches.
- Be less likely to smoke when he or she grows up.



**YOU AND YOUR  
BABY CAN BE  
HEALTHY, HAPPY  
AND SMOKE FREE  
FOR A LIFETIME.**

# TIPS FOR NOT SMOKING

**New babies need a lot of care and moms get tired. When you are tired and frustrated, you are more likely to smoke.**

- Make time for yourself. Go for a walk, take a hot bath, or read a magazine.
- Do less housework and plan simple meals.
- Lie down whenever your baby sleeps. Have older children color, do puzzles, or watch T.V.
- Have fun walking or dancing with your baby.
- Eat a variety of good foods. Snack on fruit, cheese or popcorn.
- Visit often with family and friends.
- Join a mom's group at church or at your local school.
- Plan ahead; be ready to use your favorite tips for not smoking.
- Reward yourself with a little gift when you go without smoking.
- Chew gum, cinnamon sticks, or sunflower seeds.

**YOU CAN DO IT!  
YOU CAN BE SMOKE FREE!**

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